

PRESENT THE 4TH ANNUAL ZOMBIE THRILL RUN



In support of



mental health wing



First 200 registered in the 5 km and 10 km will receive a Zombie Run T-shirt

3 FRIGHTENING RUNS

2 KM RUN

5 KM RUN

10 KM RUN

Trick or Treat Fun Run

\$25 for 4 people
\$10 for any extra
Race starts at
9:30 AM

Lots of trick or treat stations set up along the route

Make it or Break It

Timed Run
\$30
Race starts at
10:30 AM

NEW \$25 youth price

Great Escape

Timed Run
\$35
Race starts at
10:00 AM

NEW \$30 youth price

SATURDAY OCTOBER 29/2016

New Scary Location – Algonquin College and Kiwanis Walk Way

PRIZES TO DIE FOR

- GPS Watch
- Mountain Bike
- Most money raised 1st, 2nd and 3rd
- Best costume 1st, 2nd and 3rd
- Fastest male & female runner - 5 & 10K



Dr. James Gallant



New Team Prize for the team that raises the most money!
Sponsored by Nick's Chicken House & Pizzeria



Register online at
ZombieThrillRunPembroke.com

For more information Contact Tammy at
Tammy@BestPembroke.com or 613-735-0474

